

MARCH 2017

Long Beach SCSC sponsored by



Monday	Tuesday	Wednesday	Thursday	Friday
We Welcome New Members: DORA RAPPA EILEEN BRAJER MARY CLARKE	<u>SAVE THE DATE</u> <u>DRIVER SAFETY COURSE</u> Given by the National Traffic Safety Institute SUNDAYS, MARCH 5 & MARCH 12	1 10:00 "AGING WELL"-BRAD FRITZ 10:30 CARDS/GAMES 11:00 <u>ZUMBA GOLD</u> 1:00 LET'S PLAY BRIDGE! 4:00 <u>INTERGENERATIONAL MUSIC PROGRAM FEATURING THE "TUNE-UPS" (IN CONJUNCTION WITH THE FRIEDBERG JCC)</u>	2 10:00 <u>THE CULTURE CLUB</u> -RABBI PAUL HOFFMAN 10:30 CARDS/GAMES 11:05 DANCE/MVMT-LISA WISEL 1:00 PAINTING WITH MARSHA 1:00 SHOPPING TO TRADER JOE'S	3 10:00 CREATIVE WRITING- WITH JERI 10:30 CARDS/GAMES 11:00 <u>STRETCH AND STRENGTH FOR LIFE</u> -WITH KATHLEEN
6 10:00 <u>"BINGO BONANZA FOR PRIZES-</u> WITH EVELYN SHELDON 10:30 CARDS/GAMES 11:00 FIT AND FAB WITH LORI 12:00 <u>MEN'S GROUP</u> WITH JUSTIN 1:00 <u>SKETCH CLASS/ COLORING</u> 1:00 BRIDGE/CANASTA	7 10:00 <u>"PACK YOUR BAGS FOR A TRIP TO PARIS AND NORTH TO NORMANDY!"</u> LYNN NATHANSON 10:30 CARDS/GAMES 11:15 FIT FOR LIFE-MARIA 12:45 <u>TRIP & PROGRAM/CTR CNCL. MTG.</u> 1:00 LET'S PLAY BRIDGE!	8 10:00 <u>"A WOMAN IN YOUR LIFE WHO'S MADE A DIFFERENCE"</u> -BRENDA SIEGEL 10:30 CARDS/GAMES 11:00 YOGA WITH MAGDA 1:00 LET'S PLAY BRIDGE! 4:00 <u>INTERGENERATIONAL MUSIC PROGRAM FEATURING THE "TUNE-UPS" (IN CONJUNCTION WITH THE FRIEDBERG JCC)</u>	9 10:00 <u>THE CULTURE CLUB</u> -RABBI PAUL HOFFMAN 10:30 CARDS/GAMES 11:05 DANCE/MVMT-LISA WISEL 1:00 PAINTING WITH MARSHA 1:00 SHOPPING TO STOP & SHOP	10 10:00 <u>MEMORIES OF YOUR LIFE"</u> WITH HERB ROSS 10:30 CARDS/GAMES 11:00 <u>STRETCH AND STRENGTH FOR LIFE</u> -WITH KATHLEEN
13 10:15 <u>"WOMEN IN POLITICS"</u> MARILYN KAUFMAN 10:30 CARDS/GAMES 11:00 FIT AND FAB WITH LORI 12:00 <u>MEN'S GROUP</u> WITH JUSTIN 1:00 <u>SKETCH CLASS/ COLORING</u> 1:00 BRIDGE/CANASTA	14 10:00 <u>"CURRENT EVENTS</u> -WITH HERB ROSS 10:30 CARDS/GAMES 11:15 FIT FOR LIFE-MARIA 1:00 LET'S PLAY BRIDGE! 1:00 <u>MOVIE MADNESS MANIA-"HIDDEN FIGURES"</u>	15 10:00 <u>THE LIFE AND TIMES OF LOU EHR-LICH</u> -DVD AND DISCUSSION 10:30 CARDS/GAMES 11:00 YOGA WITH MAGDA 4:00 <u>INTERGENERATIONAL MUSIC PROGRAM FEATURING THE "TUNE-UPS" (IN CONJUNCTION WITH THE FRIEDBERG JCC)</u>	16 10:00 <u>THE CULTURE CLUB</u> -RABBI PAUL HOFFMAN 10:30 CARDS/GAMES 11:00 ZUMBA GOLD 1:00 PAINTING WITH MARSHA 1:00 SHOPPING TO STOP & SHOP	17 10:00 CREATIVE WRITING- WITH JERI 10:30 CARDS/GAMES 10:30 <u>HEALTH SCREENING</u> 11:00 <u>STRETCH AND STRENGTH FOR LIFE</u> -WITH KATHLEEN
20 10:00 <u>LEONARDO da VINCI-THE LAST SUPPER</u> -BARRIE GRANT 10:30 CARDS/GAMES 11:00 FIT AND FAB WITH LORI 12:00 <u>MEN'S GROUP</u> WITH JUSTIN 1:00 <u>SKETCH CLASS/ COLORING</u>	21 10:00 <u>"OVERCOMING CHALLENGES!"</u> WITH NUTRITIONIST , ROBYN LITTMAN 10:30 CARDS/GAMES 11:15 FIT FOR LIFE-MARIA 1:00 LET'S PLAY BRIDGE!	22 10:00 "AGING WELL"-BRAD FRITZ 10:30 CARDS/GAMES 11:00 YOGA WITH MAGDA 1:00 LET'S PLAY BRIDGE! 3:00 <u>DONOR DINNER DANCE</u>	23 10:00 <u>THE CULTURE CLUB</u> - 10:30 CARDS/GAMES 11:00 ZUMBA GOLD 12:00 <u>GENL MEMBERSHIP MTG.</u> 1:00 PAINTING WITH MARSHA 1:00 SHOPPING TO STOP & SHOP	24 10:00 CREATIVE WRITING-- ELLEN 10:30 CARDS/GAMES 11:00 <u>STRETCH AND STRENGTH FOR LIFE</u> -WITH KATHLEEN
27 10:00 <u>"CURRENT EVENTS</u> -WITH HERB ROSS 10:30 CARDS/GAMES 11:00 FIT AND FAB WITH LORI 12:00 <u>MEN'S GROUP</u> WITH JUSTIN 1:00 <u>SKETCH CLASS/ COLORING</u> 1:00 BRIDGE/CANASTA	28 10:00 <u>BOOK CLUB-"THE INVISIBLE WALL"</u> BY HARRY BERNSTEIN 10:30 CARDS/GAMES 11:15 FIT FOR LIFE-MARIA 1:00 LET'S PLAY BRIDGE!	29 10:00 "AGING WELL"-BRAD FRITZ 10:30 CARDS/GAMES 11:00 <u>STRETCH AND STRENGTH FOR LIFE--</u> 1:00 LET'S PLAY BRIDGE! 4:00 <u>INTERGENERATIONAL MUSIC PROGRAM FEATURING THE "TUNE-UPS" (IN CONJUNCTION WITH THE FRIEDBERG JCC)</u>	30 10:00 <u>THE CULTURE CLUB</u> -RABBI PAUL HOFFMAN 10:30 CARDS/GAMES 11:00 ZUMBA GOLD 1:00 PAINTING WITH MARSHA 1:00 SHOPPING TO STOP & SHOP	31 10:00 <u>GREEK MYTHS AND THEIR MEANINGS</u> -SANDRA SUTAIN 10:30 CARDS/GAMES 11:00 TAKE CONTROL OF YOUR BODY THROUGH EXERCISE -WITH SANDYE

LONG BEACH SCSC

Staff:

SPONSORED BY JASA

Project Director, Senior Center-Mindy Leeper

Assistant Project Director, Senior Center-Bonni Goetz

Zdenka Polom, Coordinator of Transportation and Home Delivered Meals

Donna Brown, Office Manager

If you are interested in speaking with a Social Worker or would like information about caregiver support groups please call 432-0570

Daily Lunch:

- Lunch is Kosher and served daily at 12 noon.
- Reservations for lunch are required and must be made **NO LATER THAN 1:00pm** on the **business** day **BEFORE** you will be joining us for lunch. Reservations can be made by calling 432-5555.
- Suggested Voluntary Lunch Contribution is \$3.00
- For those with self-declared incomes at, or above, 185% of the federal poverty level, the suggested contribution is equal to the actual cost of the meal which is \$7.37. No person will be denied a service because of inability or unwillingness to contribute.
- JASA complies with applicable Federal Civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

Other Important Information

Curb to curb transportation to the Long Beach SCSC (sponsored by JASA) is provided for registered members residing in Atlantic Beach, Long Beach, Lido and Point Lookout. Call **516-432-5555**

Medical Transportation is available for seniors living in Long Beach, Atlantic Beach, Point Lookout and Island Park. For more information and reservations please call **516-432-0570**.

Long Beach SCSC sponsored by



75 EAST WALNUT STREET

Long Beach, NY 11561 516-432-5555

Welcomes ALL persons 60 years young & over!!

Open Daily Monday thru Friday

- EXTRAORDINARY PEOPLE
- LUNCH CAFÉ
- LECTURES
- ENTERTAINMENT
- ART CLASSES
- EXERCISE
- MUSICAL PERFORMANCES....and SO MUCH MORE!!!!

Funded by: This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging, through the NYSOFA, and the U.S. Administration on Aging. JASA is a member agency of UJA-Federation of New York. The Cultural Arts programs are made possible by a NYS Legislative Grant from Todd Kaminsky. Additional funding provided by the Slo-mo and Cindy Silvian Foundation.

